

Maryland Acts on Arthritis

Newsletter of the Maryland State Advisory Council on Arthritis & Related Diseases

February 2017 | Volume 1

Welcome to the Arthritis Newsletter!

Welcome to the first edition of the Maryland State Advisory Council on Arthritis and Related Diseases Newsletter. Our Council was established in 1989 under the direction of the Department of Health and Mental Hygiene. It is composed of Governor-appointed Maryland volunteers who donate their time to uphold the Council's mission which is to promote, enrich, and improve the quality of life of individuals with arthritis and related diseases. The objective of this quarterly newsletter is to highlight helpful resources, upcoming activities, and recent Maryland news related to arthritis for our community partners and fellow citizens.

Wishing you good health,
Rebecca Manno, MD, MHS
Chair, State Advisory Council on Arthritis and Related Diseases

Eat Clean in 2017

For your joint health, aim to eat clean in 2017! "Clean" eating is a buzzword that's been around for a few years. What does it mean? Basically, clean eating means focusing on whole foods (foods as close to their natural state as possible) and minimizing processed foods (most bagged, boxed, packaged or prepared foods). Many whole foods contain anti-inflammatory compounds (good for your joints) whereas many processed foods contain pro-inflammatory compounds (bad for your joints). Clean eating isn't a diet, it's a lifestyle- a pattern of eating that people should carry throughout their life. See below for a list of ideas for how to incorporate more whole foods this year!

1. Include a fruit and/or vegetable with each meal and snack.
2. Try cheese sticks! Many brands are surprisingly minimally processed. My favorite brand, for instance, merely contains milk, salt and enzymes.
3. Fruit is especially expensive this time of year! Unsweetened applesauce is a relatively inexpensive source of fruit and makes a great addition to a meal or snack.
4. Try canned salmon! Pink canned salmon is about \$3 per can and can be used for salmon cakes or salmon salad.

Walk Maryland Day 2016 Highlights



October 5, 2016 was the second annual Walk Maryland Day. Walking is the official state exercise of Maryland, and is an important activity for all individuals with arthritis and related conditions. Young, old, fitness veterans and novices participated in Walk Maryland Day events at their schools, work, homes, and communities. See a summary of the activities:

phpa.dhmdh.maryland.gov/ccdpc/walkmd/.

The Arthritis Council participated by creating educational tips for walking with arthritis (The **Johns Hopkins Arthritis Center** video: www.youtube.com/watch?v=nkOZcS-JLPk) and partnered with the **Arthritis Foundation** to promote their "Walk with Ease" classes. Stay tuned for more information about how you can participate in Walk Maryland Day on October 4, 2017!

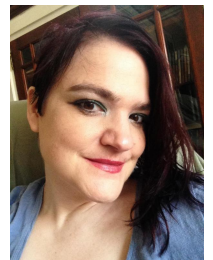
Psoriatic Arthritis Fast Facts

- *Psoriatic arthritis affects 1-2 out of 1,000 people. Men and women are at equal risk of developing this condition.
- *There are 5 different "patterns" or ways that psoriatic arthritis can present in the body.
- *Psoriatic arthritis can involve the joints, the structures around the joint such as tendons and ligaments, the nails and skin.
- *Typically psoriasis will appear before the arthritis, but in about 15% of the patients the arthritis comes first.
- *Patients with psoriatic arthritis are at higher risk of developing cardiovascular disease.

Living with Arthritis

My Arthritis Story by Jody Marshall

Living with Psoriatic Arthritis (PsA), is a constant endeavor in calculations. Which is hard. And not just because I'm bad at math, but also because the variables are always changing and often unknown. PsA is an autoimmune disease and as such it doesn't always play by rules of any kind. I have to plan my time out very carefully because I don't have an abundant or reliable source of energy. I have pain that is ever changing not only in intensity but in location. I must calculate what I think each task will take and plan how many things I think I can get done in a day. This is assuming that everything else stays constant, which I can tell you, it rarely does. I can go to bed after a rather leisurely day feeling pretty great. That should mean I will feel pretty good the next day, but it is far from guaranteed. My hip bursitis can flare without warning and wake me up every hour or so through the night or the tendinitis in my thumbs can flare without a known cause. And suddenly anything I had planned becomes that much



5. Bring back the sardines! Sardines are not very commonly consumed in the United States, but boy do they pack a punch of anti-inflammatory omega-3's!

6. Think outside the box when you're in the grocery store. Revisit veggies you haven't had in a while. For example when is the last time you had snow peas or sugar snap peas?

Caroline Bruce is a dietitian, diabetes educator and personal trainer for Union Hospital of Cecil County in Elkton, Maryland.



For more information, visit

<http://phpa.dhmd.maryland.gov/ccdpc/arthritis-council/Pages/about.aspx>
www.rheumatology.org
<http://tinyurl.com/jgqlekj>
<http://tinyurl.com/z7t3tju>
<http://tinyurl.com/hcmx5gj>

Best Wishes in 2017,
Maryland State Advisory Council on Arthritis and Related Diseases

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more impossible. I have to watch how much I promise and to whom I promise it. I struggle to make plans with others because I don't want to have to cancel again if my pain levels are too high when the day arrives. But this constant math has it upsides, too. I've learned to treasure the shortest of moments, celebrate the smallest victories and to give myself more grace. Every friend that says, "Don't worry if we have to reschedule. It's not a problem." is a great asset to have. Not only that, living with an autoimmune arthritis has given me a greater level of empathy for the clients I see as a massage therapist. Instead of focusing on the number of clients I'm able to see, I've learned to focus on the good I can bring them. I understand what living with pain is like and consider it a privilege to be able to help my clients reduce theirs. It's definitely not something I'd choose to have, if I was given a choice but I am determined to make the most of what my life despite my arthritis.

Upcoming Events

Lunch & Learn with Rheumatologist Dr. William Yap

Wed, Feb. 22 at 12:00p.m., Catonsville, MD

Contact: Susan Patry 410-887-0900 RSVP by Feb. 13

Healthy Eating Classes

Tues, March 7, 14, 21, 28; April 4, 11 at 10:00a.m.-12:00p.m., Baltimore, MD

Contact: Bonnie Riehl 410-887-5338

Arthritis Foundation Exercise Classes; Tai Chi Moving for Better Balance Classes

Contact: (Columbia) Jeannie DeCray 410-313-6535, (LaPlata) Debi Shanks 301-885-6281, (Indian Head) Cynthia Simmons 301-743-2125, (Waldorf) Ann Walter 301-638-4420

Living Well "Take Charge of Your Health" CDSMP

Fri, Feb. 24-March 31 at 10:00a.m.-12:30p.m., Columbia, MD

Contact: Nicole Jones 410-313-3506

Various classes for Parkinson's, balance, and aerobics

Columbia, Elkrige, Ellicott City, and Laurel, MD

Contact: Jeannie DeCray 410-313-6535

For more events, contact Maryland Area Agencies on Aging:

<http://aging.maryland.gov/Documents/AAADirectoryOct2016.pdf>

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